

WE CLAIM:

1. A composition comprising

an alcohol having an average chain length of from about C<sub>20</sub>-C<sub>36</sub> in an amount  
5 sufficient to reduce cholesterol in a vertebrae;

said alcohol encapsulated in a food grade acceptable material selected from  
the group consisting of coating polymers, waxes and plasticizers.

2. The composition of claim 1 wherein the composition is admixed in a comestible.

3. The composition of claim 2 wherein the comestible is selected from the group  
consisting of margarine, spreads, dressings, and oils.

4. The composition of claim 2 wherein the comestible is aqueous based.

5. The composition of claim 1 wherein the weight ratio of alcohol to the food grade  
acceptable material is from about 1:4 to about 10:1.

6. The composition of claim 5 wherein the food grade material is a cellulosic.

7. The composition of claim 2 which additionally contains a second cholesterol  
reducing agent in an amount sufficient to reduce the cholesterol level in a human  
being.

8. The composition of claim 7 wherein the second cholesterol reducing agent is selected  
from the group consisting of sterols, stanols, sterol esters, stanol esters and oryzanol.

9. A method for preparing an edible composition, comprising :

applying at least one polymer to a long chain alcohol to yield a coated long chain alcohol preparation, and

5 incorporating said coated particle preparation into a food, beverage, or pharmaceutical dosage form.

10. The method of claim 9 wherein the weight ratio of long chain alcohol polymer to encapsulating polymer is within the range of from about 1:4 to about 10:1.

11. The method of claim 10 wherein the polymer is an enteric polymer.

12. The method of claim 10 wherein the polymer is reverse enteric polymer.

15 *Sub A3* 13. A method for reducing cholesterol in a vertebrate comprising administering an effective amount of the composition of claim 1.